

Schedule your annual wellness exam



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# Time to See Your PCP!

[Find a PCP](#)



## Don't let your annual wellness exam slip your mind this year.

Having a relationship with a Primary Care Provider can lead to a healthier life AND save you time and money by preventing sickness and the need to take time off work.

### The Value of a PCP

A PCP knows you and your lifestyle best! They understand your medical history, medications, treatment preferences and provide care centered around YOU.

A PCP will:

- manage chronic conditions like asthma or diabetes
- ensure vaccines and screenings are up to date
- treat health problems that pop up, such as an infection, virus, or rash
- refer you to a specialist, if needed
- and more



### Health Plan Requirements

TRS-ActiveCare Primary and TRS-ActiveCare Primary+ plans require a PCP. You can change your PCP anytime through [Blue Access for Members<sup>SM</sup>](#) or by calling a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week.

**TRS-ActiveCare 2 and TRS-ActiveCare HD participants are strongly encouraged to have a PCP.**



#### What are You Waiting for?

Schedule an annual checkup with your PCP – your body and wallet will thank you later! Don't have a PCP? Our [Provider Finder<sup>®</sup>](#) lets you search for providers using:



location



patient reviews



certifications

[Find a PCP](#)

[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



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